

# INTEGRATED OSTEOPATHIC DENTAL TEAM PART I: THE INTEGRATIVE TEAM APPROACH TO SLEEP DISTURBANCES



**OSTEOPATHY'S  
PROMISE  
TO CHILDREN**

**Course Directors: Julie Mai, DO and Darick Nordstrom, DDS**  
March 1-2, 2019

## COURSE DESCRIPTION

It is time to bring Osteopathy and Dentistry together for the benefit of Adults and Children as Dr. Viola Frymann strived to bring together. Dr. Frymann was aware of dentists utilizing mechanical forces in the mouth without considering the integration of the full body. She saw that a coordinated effort by educating both professions of each other's supportive role would create an integrated team that is stronger together than standing alone. Dr. Frymann regularly focused on the critical role of the oral facial structures in overall healing process for each individual, and considered it so important as to incorporate this aspect into her 40 hour cranial course. As we further expand on the critical role of the oral facial structures in the overall healing process of individuals as introduced in Dr. Hruby's Dental Course, this course will demonstrate the potential that Dentistry has to provide the appropriate mechanical support to allow osteopathic treatments to build with recovery. In the past, dentists approached sleep in a mechanical model, using appliances for the teeth and jaw, before they fully understood its effect on the rest of the body. Osteopaths treat without realizing the different role dental support can have for patient's forward progress of healing. Course participants will experience how Osteopathy and Dentistry can work together as a team effort to help with the global effects of sleep disorder. This course is unlike any out there, and for good reason. In 1984, Dr. Nordstrom began to seriously consider the effects of sleep after some of his adult ALF patients said they didn't want to 'graduate' from their ALF/twin-block appliances because they slept better with them. He went on to invent and put into public domain the buccal wing/minimal tongue encroachment design that was incorporated into SomnoDent, Dorsal, MicrO2 Prosomnus, etc. Since those early days, he has seen gradually poorer quality alveolar bone and periodontium, more postural laxity, more somato-emotional problems in new or referred (basket case) patients... all serving to slow or compromise what would normally be great dental orthopedic treatment plans. The answer is not always a new appliance and bringing the mandible forward, further complicating orthodontic/orthopedic care, but in really understanding sleep (beyond airway). This course addresses the gaps and introduces straightforward, science-based diagnostics and techniques that will complement your practice, while honoring the healing principles of osteopathy.

## CME

Osteopathy's Promise to Children (OPC) is accredited by the American Osteopathic Association to provide osteopathic continuing medical education for physicians. OPC designates this program for a maximum of 16 AOA Category 1-A CME credits and will report CME and specialty credits commensurate with the extent of the physician's participation in this activity. Approval is currently pending. This activity has been planned and implemented in accordance with the standards of the Academy of General Dentistry Program Approved for Continuing Education (PACE) through the joint program provider approval of ALF InterFACE Academy and Osteopathy's Promise to Children. ALF InterFACE Academy is approved for awarding FAGD/MAGD credit. AFG ID#378959.

## TARGET AUDIENCE

DOs, medical students in good standing, MDs, International Osteopaths and DDSs.

## ELIGIBILITY REQUIREMENTS & PREREQUISITES TO ENROLL

Dentists must have experience with sleep disorder or ALF or osteopathy. 3 years of osteopathic practice for DOs (no students or Residents) with one APPROVED 40 HR cranial course (OPC, SCTF, OCA). Submit proof of eligibility to [cme@the-promise.org](mailto:cme@the-promise.org) for registration approval and online access code.

## SCHEDULE

### FRIDAY, MARCH 1, 2019

- 8:00am Dental Sleep Medicine and The Future:  
Osteopathic Dental Team  
*Lecture: Julie Mai, DO and Darick Nordstrom, DDS*
- 9:00am Embryology and Anatomical Significance  
*Lecture: Julie Mai, DO*
- 9:30am Sleep Architecture  
*Lecture: Julie Mai, DO*
- 10:00am Group Discussion
- 10:15am Primitive Reflexes  
*Lecture: Julie Mai, DO*
- 10:45am Heart Rate Variability (HRV)  
*Lecture: Darick Nordstrom, DDS*
- 11:45am Primitive Reflexes Evaluation and HRV (Part 1)  
*Lab: Julie Mai, DO*
- 12:45pm **LUNCH (PROVIDED)**
- 1:45pm Primitive Reflexes Evaluation and HRV (Part 2)  
*Lab: Julie Mai, DO*
- 3:45pm Group Discussion
- 4:00pm Sleep Monitoring  
*Lecture: Julie Mai, DO and Darick Nordstrom, DDS*
- 5:30pm Adjourn

### SATURDAY, MARCH 2, 2019

- 7:30am Sleep Monitor Upload
- 8:00am Participants Sleep Study Review (Part 1)  
*Lecture: Julie Mai, DO*
- 10:15am Group Discussion
- 10:30am Participants Sleep Study Review (Part 2)  
*Lecture: Darick Nordstrom, DDS*
- 11:30am Patient Observation: Primitive Reflex  
*Lab: Julie Mai, DO*
- 12:00pm **LUNCH (PROVIDED)**
- 1:00pm Unresolved Trauma  
*Lecture: Julie Mai, DO*
- 1:30pm Orals Connections  
*Lab: Julie Mai, DO and Darick Nordstrom, DDS*
- 3:00pm Group Discussion
- 3:15pm Integrating Primitive Reflexes  
*Lecture: Julie Mai, DO*
- 3:45pm Integrating Primitive Reflexes  
*Lab: Julie Mai, DO*
- 4:30pm Significance of ALF Appliances and Other Dental Procedures  
*Lecture: Darick Nordstrom, DDS*
- 5:30pm Adjourn



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### ENROLLMENT FEE

\$750 (USD). Includes CME credits, course manual and materials, daily continental breakfast and lunch, morning and afternoon snacks.

### REGISTRATION & ACCOMMODATIONS

<https://registration.the-promise.org>

Hilton Garden Inn, 3805 Murphy Road, San Diego, CA 92123 (1/2 mile from OCSD)

Contact: Edlyn Besek (858) 503-2545 | [Edlyn.Besek@hgimissionvalley.com](mailto:Edlyn.Besek@hgimissionvalley.com)

Receive a special OPC discount rate of up to 15% off at time of booking.

### COURSE CANCELLATION AND REFUND POLICY

By applying for this course, the applicant ("Applicant") agrees that the application fee is non-refundable and represents the administrative cost of determining the Applicant's eligibility ("Application Fee"). The application shall require the payment of the Application Fee and the registration fee for the cost of attending the course ("Registration Fee"). In the event an Applicant is denied admission to a specific course the Registration Fee shall be refunded. An accepted Applicant shall be registered for the course and the registration fee payment shall be credited against the Registration Fee for the specific course. If after registration the Applicant desires to cancel his or her registration for the course the Applicant must notify Osteopathy's Promise to Children ("OPC") of their CANCELLATION in writing, ("Notice of Cancellation"), at least fourteen (14) days prior to the initial start date for the course. If the Applicant timely and properly provides OPC with a Notice of Cancellation OPC will issue a refund of the Registration Fee to Applicant. If OPC receives a Notice of Cancellation less than fourteen (14) days prior to the initial start date for the course, or an Applicant fails to attend the course, OPC will not issue a refund of the Registration Fee. In the event an Applicant attends the course but feels that the course did not provide the material or training advertised, an Applicant may request a refund of the Registration Fee. All such requests shall state the course name, date and times of Applicant's attendance and the specific reasons for the requested refund. The Applicant's inability to attend a portion of the course shall not constitute a valid reason for a refund. All refund decisions shall be made by the Executive Director whose decision shall be final.

### LIABILITY RELEASE

This program may involve physical activity, including contact by and with faculty and other course participants. This physical activity, including but not limited to physical diagnostics and manual therapeutics, could possibly entail risk for course participants of new injury or aggravation of pre-existing conditions. All course participants acknowledge and agree to assume all responsibility and risk for all losses and damages, including but not limited to any bodily injury, death, and property damage, arising out of or incident to (i) attending the course, (ii) participating in the course, (iii) using equipment or facilities during the course, and (iv) using or misusing any knowledge or information obtained or derived from the course. All course participants acknowledge and agree to indemnify, defend, and hold harmless OPC, OPC's officers, directors, employees, agents, affiliates, licensors, partners, independent contractors, suppliers and subcontractors from and against all claims, actions, suits, proceedings, losses, obligations, damages including but not limited to any bodily injury, death, and property damage, liabilities, costs, debt and expenses, whether known or unknown, anticipated or unanticipated, arising out of or incident to (i) attending the course, (ii) participating in the course, (iii) using the equipment or facilities during the course, or (iv) using or misusing any knowledge or information obtained or derived from the course at or outside of the course location. OPC reserves the right, at course participant's expense, to assume the exclusive defense and control of any matter for which course participant is required to indemnify OPC and course participant agrees to cooperate with OPC's defense of these claims. Course participant agrees not to settle any matter without the prior written consent of OPC. OPC will use reasonable efforts to notify course participant of any such claim, action, suit, or proceeding upon becoming aware of it. It is the responsibility of all participants to use the information provided within the scope of their professional license or practice.

### MEET THE FACULTY

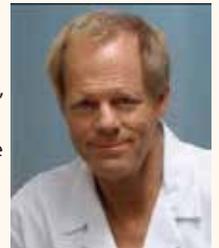
Course Director:

**Dr. Julie Mai** graduated from Touro University College of Osteopathic Medicine in 2005. After her traditional Osteopathic Internship, she worked and taught along with Dr. Viola Frymann at the Osteopathic Center for Children for numerous years. In addition, she had numerous trainings with Philippe Druelle, DO from Canada. Dr. Mai achieved a Certification of Proficiency from the Osteopathic Cranial Academy and a Diploma in Clinical Homeopathy from the CEDH. She currently has a private OMM practice in Solana Beach and a second private OMM practice in Orange County. She also serves on the Board of Director of the Osteopathic Center for Children and is a member of the Osteopathic Cranial Academy, AOA, and AAO.



Course Co-Director:

**Dr. Darick Nordstrom** graduated from USC (DDS, Dentistry) in 1979. In practice, he found that it was common in orthodontics to remove teeth and collapse the dental arch for crowding, instead of expanding in a natural way. He began studying and adapting existing designs, focusing on the Crozat, Kernott, and other 'functional' concepts, and became active in the AAGO. The dedication of this academy lead to embracing the cranial concept, 3-D analysis, and encouragement of mid-facial growth, soon after pioneering their implementation in orthodontic/orthopedic practice. Following an introduction to Osteopathy in the Cranial Field, Dr. Nordstrom began working 4-handed with osteopathic physicians (DOs) and cranially-trained DCs. Although the AAGO-type appliances were least straining of any, he discovered that DOs were required to work around them during active treatment. With direct feedback from DOs, Dr. Nordstrom developed appliance designs that not only were cranially compatible, but were positively supportive of the body's natural healing process, as well as facilitation of the DO's treatment.



Please note:

*Casual dress is encouraged for lab participation and comfort. In consideration of our faculty, students, and on-site patients, we kindly request that all participants and visitors please refrain from wearing perfumes, colognes or other strong fragrances while visiting our facility. Thank you in advance for your consideration and cooperation.*

CME@THE-PROMISE.ORG  
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**FOUNDED BY VIOLA M. FRYMANN, DO**, Osteopathy's Promise to Children and Osteopathic Center for Children are sister organizations working together to: provide osteopathic care for children; present educational programs for physicians and students interested in osteopathy; provide clinical training for students, Residents, and physicians interested in osteopathy; and conduct research related to osteopathic principles and practice at the Osteopathic Center San Diego.